

OCTOBER 2017 MENU

SCHALMONT HIGH SCHOOL

Monday, October 2

Chicken Tenders w/Homemade Dipping Sauce or BLT Wrap
Fresh Carrots w/LF Ranch & Steamed Corn

Tuesday, October 3

French Toast Sticks w/Sausage & Syrup or
Bacon Cheeseburger w/Lettuce, Tomato, Onions & Pickles
Fresh Celery w/LF Ranch & Tater Tots

Wednesday, October 4

Garlic French Bread Pizza
Fresh Garden Salad w/Homemade Italian Dressing

Thursday, October 5

2 Taco's w/Lettuce, Cheese, Salsa, Sour Cream & Jalapenos
Fresh Celery & Refried Beans & Mexican Rice

Friday, October 6

Fish Sandwich w/Homemade Tarter or
Meatball Sub w/Cheese
Steamed Broccoli

Monday, October 9

No School—Columbus Day

Tuesday, October 10

Mozzarella Sticks w/Marinara Sauce or
Sloppy Joe
Fresh Carrots, Green Beans & French Fries

Wednesday, October 11

Homemade Pizza w/Assorted Toppings
Garden Salad w/Homemade Italian Dressing

Thursday, October 12

Cheese Quesadilla w/Salsa & Sour Cream or
Buffalo Chicken Wrap
Fresh Broccoli w/LF Ranch & Peas

Friday, October 13

Bosco Sticks w/Marinara Sauce or
Bacon Cheeseburger w/Lettuce, Tomato, Onions & Pickles

Monday, October 16

Chicken Nuggets w/Homemade Dipping Sauce

Fresh Carrots, BBQ Baked Beans & French Fries

Tuesday, October 17

Chicken Parm w/Penne Pasta, Garden Salad w/Homemade Italian Dressing, Green Beans & Garlic Breadstick

Wednesday, October 18

Big Daddy's Cheese Pizza

Garden Salad w/Homemade Italian Dressing

Thursday, October 19

French Toast Sticks w/Sausage & Syrup or

Fish Sandwich w/Homemade Tarter Sauce

Fresh Broccoli & Tater Tots

Friday, October 20

Taco Salad w/Lettuce, Cheese, Jalapenos & Salsa Ranch Dressing

Fresh Veggies, Black Bean & Corn Salad

Monday, October 23

Popcorn Chicken w/Homemade Dipping Sauce or

Cheese Quesadilla w/Salsa & Sour Cream

Fresh Carrots & French Fries

Tuesday, October 24

Ham & Cheese Panini or

Bacon Cheeseburger w/All the fixings

Fresh Celery & Tomato Soup

Wednesday, October 25

Stuffed Crust Pizza

Garden Salad w/Homemade Italian Dressing

Thursday, October 26

BBQ Chicken Wrap or

Chicken Patty w/Lettuce & Tomato

Tater Tots

Friday, October 27

Mozzarella Sticks w/Marinara Sauce or

Baked Potato w/Sour Cream & Cheese

Fresh Veggies & Steamed Broccoli

Monday, October 30

Chicken Tenders w/Homemade Dipping Sauce

Fresh Carrots & Seasoned Green Beans

Tuesday, October 31

Chicken Bowl w/Mashed Potatoes, Corn & Gravy or Big Daddy's Cheese Pizza & Mashed Potatoes

Have it made your way!!

Choose your wrap (Plain, Jalapeno Cheddar, Garlic & Herb, Tomato & Wheat)

Meats available: Ham, Turkey, Salami, Roast Beef, Pepperoni, Tuna & Chicken Salad

Cheese: American, Provolone & Shredded Cheddar

Toppings: Shredded Lettuce, Chopped Romaine Lettuce, Tomato, Pickle, Onions, Cucumbers, Green Peppers, Olives and Much More—

Pizza, Cheeseburger, Chicken Patty, Spicy Chicken Patty and Fries

A variety of Fresh and Canned Fruits

Fat Free Chocolate Milk, 1% Milk, Skim Milk and Fat Free Strawberry Milk

Apple, Orange & Grape Juice

Small Water Bottle

This institution is an equal opportunity

